

GREAT NORTHWEST ATHLETIC CONFERENCE

Contact: Bob Guptill (509-535-5291/Fax 535-5293/e-mail – bguptill@gnacsports.com)

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Friess Sweeps GNAC Cross Country Coaches-of-the-Year

SPOKANE, Wash. – Michael Friess of Alaska Anchorage has been voted the *Great Northwest Athletic Conference Men's and Women's Cross Country Coach-of-the-Year*.

Friess led both his teams to GNAC and NCAA Division II West Regional titles and Top 10 national finishes this fall. The conference title was the fifth GNAC title for the Seawolf men who also finished first in 2002, 2005, 2008 and 2010 and the third for the UAA women who also won in 2009 and 2010. The regional title was the second for the men who also won last year and the third straight for the women.

Friess, who also led UAA to the PacWest men's title in 1997, was earlier named the NCAA Division II West Region Coach of the Year for both men and women.

Alaska Anchorage's women finished sixth and its men placed eighth last weekend in the NCAA Division II national meet at Spokane.

Friess has now won 12 cross country conference Coach-of-the-Year awards (11 in the GNAC and one in the PacWest) during his 22-year career at Anchorage.

Friess, a 1985 Linfield College graduate, was voted the GNAC Men's Coach of the Year in 2002, 2005, 2008 and 2010 was selected the GNAC Women's Coach of the Year in 2003, 2004, 2005, 2009 and 2010. He was also named the PacWest Men's Coach of the Year in 1997.

In addition to his 12 cross country awards, he has also won two track-and-field awards winning the GNAC Men's Coach-of-the-Year prize in 2008 and 2009.

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